

# Lenten

MOMENTS



*“Let us consider how we may spur one another on toward love and good deeds.”*

— Hebrews 20:24

The Lenten journey invites us all to examine, nurture and strengthen the roots of our faith; to pause and reflect on our relationships with self, others and our God. It is a quiet time of healing and renewal. Lent is a time to not just focus on our own life journey but also how we can support those who journey alongside of us.

## LENTEN MOMENT

Take a few moments today to reflect on the communities to which you belong: work, friends, service or faith communities.

**What binds you together?**

**How strong are your interwoven roots?**

**How can you nurture and strengthen these roots during the Lenten season?**

In his book *Deeply Woven Roots* (1997) Gunderson uses the image of a forest of Redwood trees whose branches intertwine. Young trees spring from the roots of older trees. Beneath the surface all of the roots are inseparable, deeply woven together. He links this image to communities: *We are not held up by living soil like trees, but we are sustained by the coherence, the living meaning, that we experience in our communities. A forest’s resilience reflects its diversity. Any one tree relies not just on its own roots but on an interwoven fabric of roots* (p 20).